

2Chicken Alfredo100

Number of Servings: 100 (193.13 g per serving)

| Amount | Measure | Ingredient |
|--------|---------|--|
| 10 1/2 | lb | Chicken, breast, diced, grilled |
| 6 1/2 | lb | Pasta, fettuccine noodles, enrich, dry, all brands |
| 9 1/2 | qt | Milk, nonfat/skim, w/add vit A & D |
| 1 1/3 | cup | Margarine, soft, safflower oil |
| 3.00 | cup | Flour, all purpose, white, bleached, enrich |
| 2.00 | tsp | Spice, pepper, black |
| 3.00 | Tbs | Spice, garlic Powder |
| 3.00 | qt | Cheese, parmesan, grated |
| 1.00 | cup | Parsley, dried |

Nutrients per serving

| Nutrition Facts | | | |
|--|-----------|----------------------|---------|
| Serving Size (193g) | | | |
| Servings Per Container | | | |
| Amount Per Serving | | | |
| Calories 290 | | Calories from Fat 70 | |
| | | % Daily Value* | |
| Total Fat 8g | | 12% | |
| Saturated Fat 3g | | 15% | |
| Trans Fat 0g | | | |
| Cholesterol 40mg | | 13% | |
| Sodium 540mg | | 23% | |
| Total Carbohydrate 31g | | 10% | |
| Dietary Fiber 1g | | 4% | |
| Sugars 6g | | | |
| Protein 24g | | | |
| Vitamin A 6% | | Vitamin C 2% | |
| Calcium 30% | | Iron 10% | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | | | |
| | Calories | 2,000 | 2,500 |
| Total Fat | Less Than | 65g | 80g |
| Saturated Fat | Less Than | 20g | 25g |
| Cholesterol | Less Than | 300mg | 300 mg |
| Sodium | Less Than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: | | | |
| Fat 9 • Carbohydrate 4 • Protein 4 | | | |

Instructions

Potentially Hazardous Food. Food Safety Standards: Hold food for service at an internal temperature above 140 degrees F.

BUY cooked cubed chicken (amount called for in recipe above) OR buy raw boneless chicken (1 1/2 times the amount of cooked chicken called for above) and dice and grill it with nonstick spray while the pasta is cooking.

Cook Fettuccine to ala dente stage (slightly firm, not soft) in boiling water. Drain and add to Alfredo Sauce (directions below) along with the cubed chicken.

Prepare Alfredo Sauce: Melt margarine, remove from heat. Add flour and garlic powder, and pepper. Stir until smooth. Cook 5 minutes. Heat nonfat milk in microwave or double boiler. Add hot milk, stirring constantly with wire whip, to cooked flour mixture. Cook and stir as necessary until smooth and thickened, about 15 minutes. Sprinkle cheese and parsley in and stir to incorporate. Combine with cooked, cubed chicken and cooked fettuccine noodles. Pour into counter pans and bake at 350 degrees F for 30 minutes or until internal temperature of 180 degrees.

Serve 1cup serving with 8 oz ladle or spoodle = 2 oz meat + 2 grain/sauce serving.

1 serving: 30 g CHO = 2 Carb Servings

Notes

BUY 1 1/2 TIMES THE AMOUNT of RAW Chicken for the amount of COOKED chicken in the recipe above.
Each 1# diced cooked chicken = ~ 3 cups

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